

PACIFIC PULSE



Let's Stop
HIV **16**
Together

CAPT PLUMMER'S FINAL
LETTER TO THE STAFF

PUBLIC HEALTH ON GUAM FRONT-
LINE OF HEALTH DEFENSE

Industrial Hygiene

OPERATIONAL AND INDIVIDUAL
READINESS THROUGH PROTECTION
OF HEALTH AND WELLBEING

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Testing for
Prevention
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Pacific Pulse

Pacific Pulse
Official Publication of U.S. Naval Hospital Guam
Vol. 1 Issue 5
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Pacific Pulse is a professional publication of U.S. Naval Hospital Guam. Its purpose is to educate readers on hospital missions and programs. This publication will also draw upon the medical departments rich historical legacy to instill a sense of pride and professionalism among the Navy Medical Department community and to enhance reader awareness of the increasing relevance of Navy Medicine in and for our nation's defense.

The opinions and assertions herein are the personal views of the authors and do not necessarily reflect the official views of the U.S. Government, Department of Defense, or the Department of the Navy.

Guidelines for Submissions:

This publication is electronically published monthly. Please contact Jennifer Zingalie at jennifer.zingalie@med.navy.mil for deadline of present issue.

Submission requirements:

Articles should be between 300 to 1000 words and present the active voice.

Photos should be a minimum of 300 dpi (action shots preferred)
NO BADGES

Subjects considered:

Feature articles (shipmates and civilians)
Quality of Care
R&D/Innovations
Missions/Significant Events
Community Outreach

On the cover:

Surgeon General of the Navy and Chief of Navy Bureau of Medicine and Surgery Vice Adm. Matthew Nathan, center, joins Capt. Jeff Plummer, commanding officer of U.S. Naval Hospital Guam, and other Navy officials and Guam representatives during a ribbon-cutting ceremony for the new hospital in Agana Heights May 16. The new hospital boasts 281,000 square feet, includes 42 beds, two cesarean section rooms, improved diagnostic and ancillary capabilities such as MRI and CT scanning suites, and replaces the old facility built in 1954. This month the hospital will conduct a change of command ceremony and welcome Capt. Jeannie B. Comlish. (U.S. Navy photo by Jesse Leon Guerrero)

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On the Web:

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<http://www.med.navy.mil/sites/usnhguam/Pages/default.aspx>



https://www.facebook.com/USNHGUAM?ref=tn_tnmn



Commanding Officer Capt. Jeff Plummer

Readiness

Last month, U.S. Naval Hospital Guam was center-stage as we cut the ribbon that

launched a new era of world-class care from the heart of the Pacific. That event marked years of planning, hard work, and leadership by numerous stakeholders. Through the impressive efforts of so many people, we honored our past, present, and future with several moving tributes and events.

With that historic milestone behind us, is now time to get back to the core of what we do best: providing quality, patient-centered care to military personnel and their families, Guam area veterans, and anyone in need who comes through our door. By many measures, we lead Navy Medicine in executing our mission: we can get even better. Armed with a 21st-century facility, state-of-the-art medical equipment and a staff that is laser focused on the patient experience, there is no goal we cannot achieve.

The leadership at our command at every level is second to none. Your new Commanding Officer is the perfect leader to take the foundation that you built to higher levels of performance. Her background in critical care, portfolio of experience, and passion for our patients are a good fit for the challenges we face and the



road ahead on Guam. We welcome CAPT Jeannie Comlish (seen left) and her son Andrew to the Naval Hospital Guam family.

For me personally, there is nothing more satisfying than the meaning behind our mission of caring for those who now serve or have served our country. Looking back on my 27 years in the Navy, serving together with each of you for the last two years will now and forever stand out as a pinnacle experience in my career.

Thank you for your honor, your courage, and your commitment . . . and it is my sincere hope that we see each other again one day, somewhere across our great Navy.

With all my respect, CO



Executive Officer **Capt. Mike McGinnis** *Jointness*

Hafa adai Shipmates! I hope your summer is off to a fantastic start.

With us getting settled into our new home and school letting out, it's starting to feel like summer time. Well more so that it does all year round, as many of us will be planning trips over the next month or two.

During the summer season accidents spike as we enjoy time off from work with our family and friends. Please keep the principles of operational risk management (ORM) first and foremost in your minds. Accept no unnecessary risk. Think through possible risks associated with your activities and put mitigating strategies in place. For example, before having a night out on the town with friends, have a solid plan on how you'll get home safely and identify a designated driver.

We've been busy since moving into the new hospital and the pace won't be slowing much this month. The inpatient services have stayed busy and we have our second Joint Commission survey in 12 months on June 18th. Our sharp Quality Management team have a bevy of resources available to you on the intranet, you can hit the link at the top left of the home page. Team, thank you for your continued vigilance in ensuring all of our processes are safe and compliant with Joint Commission standards.

Later in the month we'll be observing our change of command. CAPT Plummer will be

moving on to the Defense Health Agency as a liaison for BUMED, and we'll welcome CAPT Comlish as our new CO reporting from Naval Hospital Oak Harbor.

CAPT Plummer, I know I speak for all of us when I say *si Yu'us ma'ase'* for your stewardship of the command, your mentorship of staff, and your leadership that will serve as a model for all that have known you. Good luck with your next duty station and show them how we do things here in Guam!

V/R,
XO



Command Master Chief Robert Burton

Value

Shipmates, when is the last time you recited the Sailors Creed? “To defend freedom and democracy,” is one of the lines found in the Sailors Creed. Imagine with me now the year is 1942 and a battle is taking place, a battle that is widely considered one of the most significant battles ever fought, the Battle of Midway. Why is it so significant you might ask? Because it marked a critical turning point in the Pacific Theater during World War II.

Prior to World War I the United States was neutral, acting only as a key supplier to Britain and other Allied powers. In just 19 months of formal U.S. participation from April 6, 1917, until the war ended, 116,516 U.S. service members were killed and 204,002 wounded. With so much loss, America had no desire to enter the war, but all that was changed when Japan attacked Pearl Harbor Dec. 7, 1941. At the time Japan reigned superior over the seas and although the Japanese brought defeat after defeat, their attack only strengthened the American “*never give up*” spirit.

Then one April 18, 1942, came an attack led by Lt. Col. James H. Doolittle, (known as Doolittle’s Raid) which was an important operation that led up to the success of the Battle of Midway. The attack was bold and daring, the idea was to fly Army-twin engine bombers (B-25B Mitchell) from an aircraft carrier with enough time to drop loads of bombs and make it back safely to a base in China. The mission was so secret that all the aircrew knew was---it was a dangerous mission, even the ship’s CO had no idea about this mission until approximately 16 B-25B’s were loaded on the flight deck. Although the raid did cause damage to military targets, most of the crew perished or were captured and executed, however

the mission caused embarrassment to the Japanese leadership and helped to eliminate the risk of further frontloaded raids from their aircraft carriers.

During the Battle of Midway, Sailors of all ranks and communities contributed to mission success. Pacific Fleet cryptanalysts intercepted 500 to 1,000 Japanese radio messages per day in May of 1942. They deciphered and translated approximately 25 percent, which enabled intelligence analysts to deduce that Midway was the Japanese target. Based on this critical intel, Adm. Chester Nimitz devised the battle plan taking calculated risks, giving orders, and trusting his team-- from flag officers, pilots and their crew, submariners, or surface ship crew--to execute those orders.

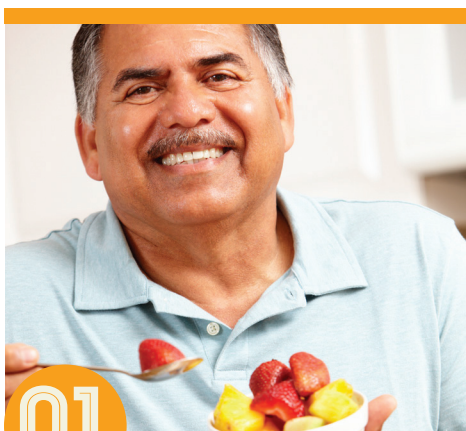
Midway was a dramatic and desperately needed victory. Facing four experienced Japanese aircraft carriers, the U.S. Navy won the four-day battle that began June 4, with just three aircraft carriers - *Enterprise* (CV-6), *Hornet* (CV-8), and *Yorktown* (CV-5) - augmented by land-based fighters, bombers and torpedo planes from Midway. The balance of sea power in the Pacific shifted from Japan, to a level playing field between it and America. Soon after the Battle of Midway, the United States and its allies would take the offensive in the Pacific.

I encourage you to take some time, learn your history, understand what it means to represent the “*fighting spirit of the Navy*” and never forget those who have gone before you. *(The following link provides video and interactive web-based information to help you learn more about the Battle of Midway: <http://www.navy.mil/midway/midway.html>)*



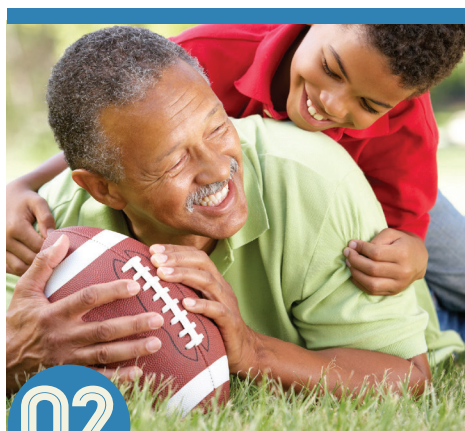
JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 – 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstprostatecancer.org

Industrial Hygiene



Industrial Hygienist, Randy Morley who is helping Naval Facilities Engineering Command (NAVFAC) accept a ventilation system from a contractor, shows the notes he took during the visit. Morley drew the floor plan of the ventilation system which has two different types of saws. The ventilation system removes saw dust from cut pine wood and treated wood. According to Morley, his drawing shows what he expected to find and what he told the contractor should be in place. This is beneficial as once NAVFAC accepts the system, the following year, Industrial Hygiene will be conducting evaluations on it. Photo by Jennifer M. Zingalie

A book falls on the floor. A scent lingers in the air. A chair supports an employee's back. To an Industrial Hygienist, all of these things are significant. Why?

This is because protecting the health and wellbeing of employees, minimizing workplace risks, helping to prevent occupational illness and injury, and preventing future health risks are all in a day's work for the Industrial Hygiene Department. A scientific profession that can be traced as early as the fourth century BC, IH requires scientific sampling, measurement, analysis and reporting.

Three key words are often used to describe Navy Medicine; they are readiness, value, and jointness. Industrial Hygiene (IH) falls under all three categories. In fact, according to Lt.

Cmdr. Antolino Colon of U.S. Naval Hospital Guam IH Department, IH is dedicated to Fleet readiness.

Through their surveys and assessments of various commands, which can take from one week to several months, IH also brings value to those commands by increasing their operational readiness. They do this by identifying occupational health exposures. In Guam, often times keeping military commands ready is a joint effort as IH devotes their time not only to at sea and shore commands for the Navy but all commands in the region.

Surveys are divided into categories where more hazardous commands are inspected every

Continued on page 14

The summer months are upon us. This means days spent on the beach or near the pool soaking up the sunshine and relaxing on the weekends. For our friends and families stateside, this is a well-needed break from the snow, sleet and rain that plagued the country all winter long. For those of us in Guam, it's Tuesday. Thoughts of summer bring to mind positive memories full of fun, and laughter, but we need to remember that the sun can also be dangerous. Heat illnesses and heat injuries are real risks associated with operating in warm weather environments. However, when the proper precautions are taken, activities in the sun can be enjoyable for all.

Heat-related illnesses and injuries, also known as heat stress, can occur in those who work and play in extreme heat or hot environments. Heat-related illnesses and injuries include: heat exhaustion, heat stroke, heat cramps and heat rash. Everyone is at risk for heat-related illnesses and injuries, though the health risks are greater for people who work in the heat, people with chronic medical conditions, older adults and young children are extremely susceptible to heat stress. Most heat stress injuries and illnesses can be prevented and treated if action is taken to protect those who are over exposed to the sun and heat. Heat-related illnesses and injuries are preventable, yet, they still remain a threat to civilians and military alike. Proper preparation before outdoor activities in the heat and sun is an effective way to prevent heat-related mishaps. Properly hydrating, eating a meal, checking the weather forecast and wearing light-colored, cotton clothing are measures that can be taken prior to heat and sun exposure. Drinking plenty of water before, during and after activity in high heat conditions is extremely important in preventing heat stress. Learning to recognize the symptoms of heat stress can also save the lives of people who start to succumb to the heat. Taking frequent breaks often, particularly resting in shade or air conditioning will greatly reduce the chances of suffering from a heat-related injury when conducting operations in extreme heat conditions.

Those who serve in the military are often at risk for heat stress. Service members may hold jobs that expose them to extreme heat or may partake in training operations where there is a high risk for heat injury or illness. Oftentimes, the training requirements call for full uniform including the extra gear that can add layers

and weight to the military member. Due to the high risk involved with these exercise evolutions, the military has employed many tools to assist in protecting and preventing heat stress in those who serve.

The Preventive Medicine Department at US Naval Hospital Guam assists Naval Base Guam Safety by monitoring heat stress using a Wet Bulb Glove Temperature (WBGT) index unit. The WBGT uses a combination of temperature, humidity, wind speed (wind chill), and visible and infrared radiation (usually sunlight) to come up with an 'actual temperature' experienced by personnel that conduct outside work or activities during the day. The WBGT temperature index falls into a flag color category. This flag color is emailed to all commands that fall under Naval Base Guam with instructions that correspond to that flag color. For example: Black Flag is when the WBGT Index is 90 degrees Fahrenheit or above. This means that it is recommended that physical training and strenuous exercise be suspended for all personnel. All outside work or activities shall be limited to emergency or security mission essential work. Commands are emailed every two hours with the current flag conditions. The WBGT index was developed in 1956 by the United States Marine Corps at Parris Island to reduce heat stress injuries in recruits, and is a useful tool that the Navy utilizes to prevent heat injuries and illnesses in their Sailors.

Summer is the perfect time to get out and enjoy nature. Develop controls by planning in advance, train people to identify heat illness, monitor hydration and watch for signs of heat stress in others. Heat-related injuries are preventable and numerous countermeasures have been developed to protect military members, friends and families. Taking the proper precautions and anticipating the risks of being out in the heat and sun, will make those summer days that much more pleasurable.

SUMMER SUN Safety

contributed by the U.S. Naval Hospital
Guam Preventive Medicine Department



Sunscreen Labeling According to 2011 Final Rule

If used as directed with other sun protection measures, this product reduces the risk of skin cancer and early skin aging, as well as helps prevent sunburn. Only products labeled with both “Broad Spectrum” AND SPF15 or higher have been shown to provide all these benefits.



Drug Facts

Active Ingredients

Avobenzone 3%
Homosalate 10%
Octyl methoxycinnamate 7.5%



Purpose

Sunscreen

Uses

- helps prevent sunburn
- if used as directed with other sun protection measures (see **Directions**), decreases the risk of skin cancer and early skin aging caused by the sun

Warnings

For external use only

Do not use on damaged or broken skin

When using this product keep out of eyes. Rinse with water to remove.

Stop use and ask a doctor if rash occurs

Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.

Directions

- apply liberally 15 minutes before sun exposure
- reapply:
 - after 40 minutes of swimming or sweating
 - immediately after towel drying
 - at least every 2 hours
- **Sun Protection Measures.** Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including:
 - limit time in the sun, especially from 10 a.m. – 2 p.m.
 - wear long-sleeve shirts, pants, hats, and sunglasses
- children under 6 months: Ask a doctor

Inactive ingredients

aloe extract, barium sulfate, benzyl alcohol, carbomer, dimethicone, disodium EDTA, jojoba oil, methylparaben, octadecene/MA copolymer, polyglyceryl-3 distearate, phenethyl alcohol, propylparaben, sorbitan isostearate, sorbitol, stearic acid, tocopherol (vitamin E), triethanolamine, water

Other information

- protect this product from excessive heat and direct sun

Questions or comments?

Call toll free 1-800-XXX-XXXX

Learn more: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm258416.htm>



Lt. j.g. Matthew Gallagher of U.S. Naval Hospital Guam Human Resources department participates in Guam's 45th Perimeter Relay Run, late April.

Screening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

Body Mass Index

Your body mass index, or BMI, is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by visiting <http://www.nhlbisupport.com/bmi>.

Cholesterol

Once you turn 35 (or once you turn 20 if you have risk factors like diabetes, history of heart disease, tobacco use, high blood pressure, or BMI of 30 or over), have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

Blood Pressure

Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

Cardiovascular Disease

Beginning at age 45 and through age 79, ask your doctor if you should take aspirin every day to help lower your risk of a heart attack. How much aspirin you should take depends on your age, your health, and your lifestyle.

Colorectal Cancer

Beginning at age 50 and through age 75, get tested for

colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

Other Cancers

Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

Sexually Transmitted Diseases

Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

HIV

Your doctor may recommend screening for HIV if you:

- Have sex with men.
- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.
- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

Depression

If you have felt "down" or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

Abdominal Aortic Aneurysm

If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

Diabetes

If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.

Tobacco Use

If you smoke or use tobacco, talk to your doctor about quitting. For tips on how to quit, go to <http://www.smokefree.gov> or call the National Quitline at 1-800-QUITNOW or call Health Promotion (671) 344-9124.

Testing For Health

June is dedicated to Men's Health, a month where men are encouraged to take steps to focus on their health and take preventive measures to sustain it.

Frontline of Health Defense

Public Health on Guam

by: Hospital Corpsman 2nd Class Anthony Mounts, U.S. Naval Hospital Guam PrevMed

The World Health Organization (WHO) defines public health as measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole. Comprised of multifaceted sciences, public health affects much of the population every day.

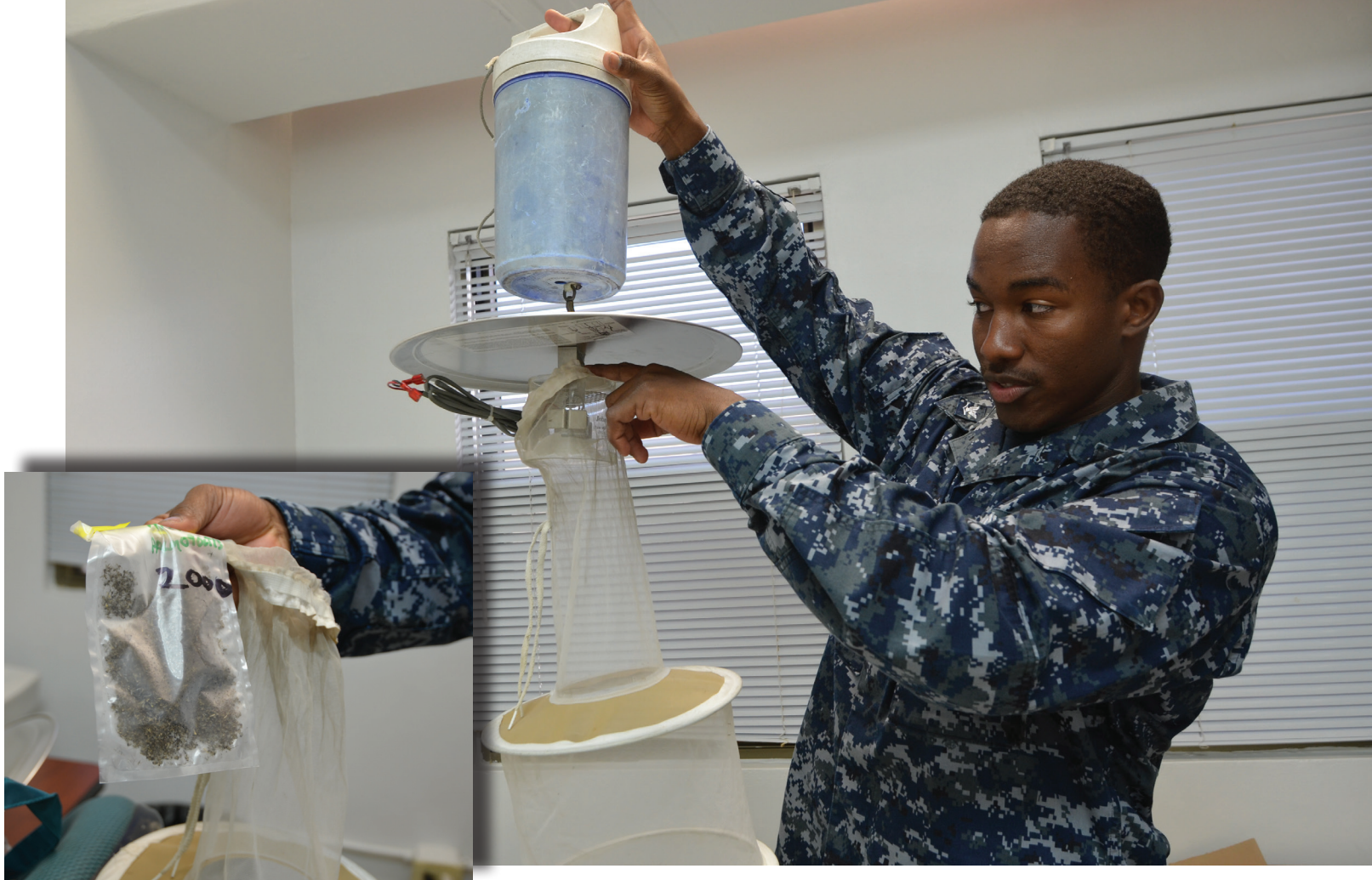
This particular science holds true on Guam, more so than the rest of the U.S. and its territories. Located approximately 3,300 miles West of Hawaii, 1,500 miles east of the Philippines and 1,550 miles South of Japan, the Island of Guam is the Western-most territory of the United States. Guam is not only the most populated of the Marianas Islands, but it is also a heavily transited location for many different entities for example, military, tourists, cargo, and so on. Considering the amount of goods and people that pass through the island on any given day, Guam is exposed to various types of illnesses from influenza to tuberculosis.

According to recent reports from Guam's Department of Health and Social Services (DPHSS), Guam's reported cases of tuberculosis is 15 times more than that of the U.S., and six times more than that of Hawaii. This figure alone proves that public health is a much-needed asset for the population that resides on Guam and throughout the South Pacific.

Reports by the Centers for Disease Control and Prevention (CDC), show that perhaps the greatest success story in public health is the reduction of infectious diseases resulting from the use of vaccines.

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(Top) Hospital Corpsman 2nd Class Derrick Haynes shows how mosquitoes are trapped. **(Bottom)** Once the mosquitoes are trapped, he conducts a vector analysis or identifies the type or species of mosquitoes that are caught on base. He also counts them as proper surveillance can reveal the presence/absence of disease in these insects and can help to determine the most effective control strategies. **(Opposite page)** Hospital Corpsman 3rd Class Kayla Frank conducts bacteriological analysis of water samples collected from Naval Base Guam beaches. *Photos by Jennifer M. Zingalie*

Public Health *cont'd from page 12*

Routine immunization has eradicated smallpox from the globe and led to the near elimination of wild polio virus. Vaccines have reduced some preventable infectious diseases to an all-time low, and now few people experience the devastating effects of measles, pertussis, and other illnesses.

On the contrary, illnesses that are not typically found in the U.S., have been found on Guam in recent years. The island holds claim to the last case of diphtheria in the U.S., and its territories, since 2003. Diphtheria is a highly contagious bacterial infection that mainly affects the nose and throat. There is a vaccine for Diphtheria. Diphtheria is not common in the U.S. as a result of robust vaccination programs. The countries surrounding Guam, like Taipei, Indonesia and the Philippines, do not have as much access to medical care; therefore, vaccinations are not as prevalent as they are in other developed countries. This is one of the major

contributors to the high number of illnesses that are seen in this area of the world. Coupled with the ease of global travel, “rare” diseases like diphtheria have been seen in recent years on Guam.

Guam is also different from the U.S. because of its weather. Guam has a mean annual temperature of 81 degrees Fahrenheit and a total rainfall between 80 to 110 inches. Most of the U.S. has a cold season. Areas with varying temperatures are able to control the insect population by forcing hibernation in the cold months.

Due to the tropical climate on Guam, mosquitoes are a year-round issue and the mosquito population on Guam is staggering. Mosquitoes are considered vectors. A vector-borne illness is the term commonly used to describe an illness caused by an infectious microbe that is transmitted to people by blood-sucking insects. Mosquito season is all year and this makes the public health effort to keep

Continued on page 14

Public Health *cont'd from page 13*

people healthy more difficult. The military public health must work closely with Guam public health to, not only survey vectors like mosquitoes, but also have samples tested for vector-borne illnesses. The Navy traps mosquitoes around the island and sends them to the U.S. Army Public Health Command-Pacific to test for yellow fever, dengue fever, malaria, West Nile, Chikungunya, O'nyong'nyong virus and Filariasis. Due to the different types of vector-borne illnesses seen in the surrounding areas, like Japan, the Philippines, and the other Marianas Islands, public health must constantly conduct disease surveillance to try to stay in front of any diseases that could find their way to the island. Through collaborative efforts, public health is working hard to discover illnesses coming in from surrounding countries to better protect the inhabitants of Guam.

As a Preventive Medicine Technician (PMT) in the Department of Public Health at the US Naval Hospital, mosquito diseases and rare illnesses are not the only areas covered by the Preventive Medicine Department (Prev Med). PrevMed also provides Health and Sanitation inspections to all food facilities within the confines of the Naval Base Installations on island. PrevMed also provides health and wellness counseling services for active duty and dependents along with free prophylactic items. Due to the size of the island, Guam residents are in close proximity with one another, thus, the spread of communicable diseases or the chance of an endemic outbreak is a constant problem. Providing public health services makes certain that we keep the most people healthy for the greatest amount of time.

For those who work in the dynamic field that is public health, there is great pride in knowing that the efforts put forth are the front line of health defense. Public Health workers are the unsung heroes when it comes to ensuring the health and safety of the population on Guam. By plugging away diligently in all areas of responsibility, public health provides the most comprehensive and up-to-date care to all members of the island.

As a PMT, it is not about keeping just the military safe and healthy but, to keep the community in which the military members and their families live, safe and healthy. Every day that that mission is successfully accomplished; public health is winning the battle against diseases foreign and domestic.

Industrial Hygiene *cont'd from page 7*

year, less hazardous commands every two years and administrative type commands every four years.

“You can think of us as the non-clinical side of occupational medicine—we go out and look at work hazards from noise to asbestos to paint fumes and we see exactly how the Sailor, or member, is exposed to these things,” said Colon. “For example, when a person is doing work on brakes, we would check to see if they contain asbestos, and if they do, there are controls we would put into place to minimize or prevent the exposure.”

Colon explained that IH inspections are important not only for the health and wellness of the military member but often times for the ships. In fact the United States Naval

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(Below) Industrial Hygienist, Lt. j.g. Sherleen Espinosa, displays a sound level meter that she will use to take readings of noise exposure to a crew when riding in a helicopter. The meter is typically worn on a person for a minimum of 5 hours and is used to measure the noise of a total workday.

Photo by Jennifer M. Zingalie



Industrial Hygienist, Mary Jane Torres analyzes fibers under a microscope in an Asbestos Lab to determine if they are asbestos. In the lab, samples are processed and then put under a scope where a fiber count is made. If the fiber is found unsafe, Torres reports it to the IH Department Head Lt. Cmdr. Antolino Colon to ensure precautionary measures are taken. *Photo by Jennifer M. Zingalie*



Industrial Hygiene *cont'd from page 14*

Ships cannot get their international certifications to sail without their IH inspection.

“We go in and identify different hazards and risks that workers are exposed to, to see if they can either be controlled, mitigated or put into medical surveillance programs,” said Colon. “Let’s say we have engineers working the engine, we look at noise exposure, heat stress, and how long they can do their job before they would collapse.”

To help conduct their survey’s, Industrial Hygienists use various instruments. For example, heat is measured through the use of a WBGT (wet bulb globe temperature meter) that tests heat exposure, moisture, and reflective heat. According to Colon, that measurement then goes into a formula which identifies the amount of time that a person can do a specific

task in a given environment before they would need to rest or take a break.

IH test for a variety of issues that can pertain to a single event, activity or environment. A good example of this is when they conduct their survey for a gun shoot. Although most may think the stress level or noise level is what is tested, IH also tests for such things as lead exposure. This information is important for many reasons including mothers who may have decided to breast feed and are concerned about any negative exposures to their child through their breast milk. At times, IH may even be called upon to test the air quality for the base housing, although this is not typical. They also perform industrial and workplace ergonomic surveys. Interestingly, quality management is conducted within IH as well to ensure they are surveying and reporting properly.

Often times, as people go throughout their day, there are many things they may come into contact with or are exposed to they may not even be aware of. In the Navy, safety is important from personal safety to workplace safety. Luckily there are people dedicated to ensuring safety measures are put into place.

Although this is true, according to Colon, safety is everyone’s responsibility, simple things like wearing ear protection or protective goggles can greatly reduce risk and increase both individual readiness and operational readiness.

Human immunodeficiency virus (HIV for short) is the virus that causes AIDS (acquired immunodeficiency syndrome). AIDS is a serious, life-threatening illness that has a variety of symptoms. HIV infection can be treated with medications to make patients feel better and to prolong life. However, there is no cure for HIV infection or AIDS. Approximately 33 million people are infected with HIV worldwide.

How HIV is transmitted

You cannot get HIV infection from drinking from a water fountain, contact with a toilet seat, or touching an infected person. You can get HIV infection from:

- Bodily fluids, including semen and vaginal secretions (through sexual contact with an infected person) and blood. There is no

evidence that HIV infection is transmitted through saliva or mosquito bites.

- Infected blood from shared drug injection needles or an unintentional needlestick with a needle contaminated with infected blood.
- Infected blood and blood products through transfusion (this is rare in developed countries but still occurs in countries with inadequate blood donor testing programs).

Women with HIV infection can transmit the virus to their babies during pregnancy or delivery or through their breast milk.

Symptoms of HIV-Related Disease

Individuals with HIV infection may not feel sick at first. However, HIV infection is often accompanied by a variety of symptoms, which can vary depending on how long a person has been infected. Since HIV affects the way the

Continued on next page

We are...



mothers



friends



sisters



dreamers



activists



partners



best friends



Visit www.cdc.gov/ActAgainstAIDS to learn more information, download free materials, and share your story.

Get the facts. Get tested. Get involved.

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HIV *cont'd from page 16*

immune system functions, people who are infected develop illnesses that could previously be fought off by the immune system. Symptoms tend to increase in severity and number the longer the virus is in the body if the individual remains untreated. *Symptoms may include:*

- Swollen lymph nodes
- Fever, chills, and night sweats
- Diarrhea
- Weight loss
- Coughing and shortness of breath
- Persistent tiredness
- Skin sores
- Blurred vision and headaches
- Development of other infections, such as certain kinds of pneumonia

Preventing HIV Infection

- Do not have sexual contact with any per-

- sons (opposite- or same-sex partners) unless you are sure they are free of HIV infection. This includes oral, anal, or vaginal contact of any type.
- If your partner has had prior sexual experience, even if you believe you are in a mutually monogamous relationship, to protect yourself, use a new latex condom every time you have any sexual contact unless you are certain that your partner is HIV negative. However, keep in mind that condoms can break. If you are allergic to latex, polyurethane condoms are available.
- If you inject drugs, seek treatment and do not ever share needles with others. Use only a new, clean needle each time you inject.

Let's stop HIV together.™



**We are stopping HIV
together, whether we are
positive or negative.**

**HIV does not
define who we are.**

HIV can affect anyone. Do your part by educating yourself and talking about HIV with your friends, families and loved ones. Help us prevent HIV by always protecting yourself, getting tested, and getting treatment, if needed.

Let's stop HIV together.™



YOU FALL. WE CATCH.



Injury and Violence Free Living

Injuries threaten readiness.

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it's physical or psychological trauma. The thing is: many of the injuries and distress triggers are preventable. That's where we come in. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you practical tools, educational resources and evidence-based prevention strategies that help keep Sailors performing at their peak—on and off the job.

Main type of injuries: Musculoskeletal.

Injuries create more of an ongoing threat to the health and readiness of our US Armed Forces than any other medical condition—both peacetime and in combat. In FY 2012 there were 81,764 documented injuries among active duty Sailors, with sprains and strains accounting for the majority of the injuries. Some of the other musculoskeletal injuries impacting the readiness of Sailors include contusions and superficial injuries, fractures, and open wounds.¹ A majority of these injuries are caused by overuse in physical training, sports, recreation and job operations.

Overuse injuries tend to result from either your physical makeup (internal factors) or how you engage (external factors). Maintaining adequate level of physical fitness, using safe training techniques and good judgment all factor in an effective injury-prevention plan.

Programs that prevent and protect.

We understand the most common injuries you face, whether it's slips and falls on the job, a motor vehicle accident, or physical training related injury. We provide you with information on how and why injuries occur and what you can do to prevent future injuries. Our world class training program, the Navy Operational Fitness and Fueling System (NOFFS), combines human performance and injury prevention strategies, resulting in more productive and safer training routines.

Living violence free.

We can provide you and your family with strategies and know-how to minimize physical, emotional and sexual violence in your personal surroundings—whether on the job or at home. Violence not only can cause physical injuries, but also psychological trauma, fear and post-traumatic stress. These injuries—visible and invisible—can cause depression, trigger alcohol and drug abuse and in some cases lead to death. We have resources to promote coping and healing among victims of violence and those who witness it. For help additional living violence free, visit your installation's Fleet and Family Support Center to speak with a Family Advocacy Program Coordinator or a Sexual Assault Prevention and Response (SAPR) Victim Advocate.

To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION



¹ Navy and Marine Corps Public Health Center EpiData Center Department. Injury Rates In Active Duty US Navy 2012. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/injury-violence-free-living/navy-injury-rates-2012.pdf>. Published February 2013. Accessed June 21, 2013.



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PREVENTION AND PROTECTION START HERE